



McDonald's NUTRITION INFORMATION

Nutrition Facts	Serve Size (g)	Energy (kcal)	Protien (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Carbohy- drates (g)	Sugar (g)	Dietry Fiber (g)	Sodium (mg)
BREAKFAST MENU											
Egg & Cheese Muffin	112	290	14	13	7.0	0.2	244	28	2	2	620
Sausage McMuffm	112	273	16	11	5.7	0.2	50	28	2	2	950
Sausage & Egg McMuffm	157	355	22	17	7.9	0.2	277	29	2	2	1020
Veg McMuffm	119	299	10	12	7.2	0.2	21	38	3	3	1000
Veg Supreme Muffin	139	299	7	13	5.2	0.2	11	39	4	4	960
Hot Cakes with Maple Syrup	142	372	6	10	6.4	0.4	16	64	2	2	630
Hash Brown	64	166	2	10	4.8	0.1	1	16	2	2	370
McEgg Burger	115	281	12	12	3.8	0.1	227	32	2	2	700
SANDWHICHES AND WRAPS											
Chicken Maharaja Mac	246	545	26	26	8.9	0.2	64	52	7	5	1030
McChicken	173	431	15	20	6	0.2	31	49	5	3	840
Filet-O-Fish	136	388	15	19	6.4	0.1	20	39	5	3	670
Chicken McGrill	130	282	12	11	3.3	0.1	26	33	5	3	570
McVeggie	169	426	9	18	5.9	0.2	1	56	8	5	650
McAloo Tikki	146	353	8	14	4.8	0.1	1	50	8	4	790
McEgg Burger	115	281	12	12	3.8	0.1	227	32	5	2	700
McSpicy Paneer Burger	199	705	21	46	17.9	0.5	33	52	8	3	940
BigSpicy Paneer Wrap	272	808	24	51	24.1	0.6	50	63	6	5	1830
McSpicy Chicken Burger	186	481	22	22	7.4	0.2	45	49	5	3	1330
BigSpicy Chicken Wrap	260	638	25	34	14.6	0.3	63	57	2	5	2030
SNACKS											
Regular Fries	110	343	5	17	8.1	0.1	0	41	0	5	260
Medium Fries	156	487	7	25	11.5	0.2	0	58	0	7	370
Large Fries	220	685	10	35	16.2	0.2	0	82	1	9	520
Veg Pizza McPuff	87	226	4	13	5.7	0.6	5	24	2	2	580
NUGGETS											
4 piece Chicken Nuggets	64	177	11	10	4	0.1	31	11	0	1	320
6 piece Chicken Nuggets	96	266	17	14	6.1	0.1	47	17	0	1	480
9 piece Chicken Nuggets	144	399	25	22	9.1	0.1	70	26	0	2	720
CHICKEN WINGS											
Chicken Wings 2 Piece*	90	256	11	17	7.2	0.1	41	15	0	1	640
Chicken Wings 4 Piece*	180	512	22	34	14.3	0.1	82	30	0	3	1290
*available only in certain markets											
CONDIMENTS											
Ketchup	9	8	0	0	0	0	0	2	2	0	70
Barbecue Sauce	25	50	0	0	0	0	0	12	7	0	210
Mustard Sauce	25	78	0	5	0.9	0	0	8	6	0	230
Cheese Slice	14	51	3	4	2.7	0	10	1	0	0	220
Chilli Sauce	10	9	0	0	0	0	0	2	2	0	60
SHAKE											
Regular Strawberry Milkshake	200	162	4	4	2.6	0.1	6	28	22	0	80
Medium Strawberry Milkshake	275	224	5	6	3.5	0.2	9	38	31	0	110
Large Strawberry Milkshake	402	326	7	8	5.2	0.2	13	56	45	0	170
Regular Chocolate Milkshake	200	175	4	4	2.7	0.1	7	30	24	0	120
Medium Chocolate Milkshake	277	241	6	6	3.7	0.2	9	42	33	0	170
Large Chocolate Milkshake	400	349	8	8	5.3	0.3	11	60	48	1	240
COLD BEVERAGE											
Regular Coca-Cola	249	110	0	0	0	0	0	27	27	0	-
Medium Coca-Cola	344	151	0	0	0	0	0	38	38	0	-
Large Coca-Cola	494	217	0	0	0	0	0	54	54	0	-

Nutrition Facts	Serve Size (g)	Energy (kcal)	Protien (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Carbohy- drates (g)	Sugar (g)	Dietry Fiber (g)	Sodium (mg)
Regular Fanta Orange	249	129	0	0	0	0	0	32	32	0	-
Medium Fanta Orange	344	179	0	0	0	0	0	45	45	0	-
Large Fanta Orange	494	257	0	0	0	0	0	64	64	0	-
Regular Thums-up	249	100	0	0	0	0	0	25	25	0	-
Medium Thums-up	344	138	0	0	0	0	0	34	34	0	-
Large Thums - up	494	198	0	0	0	0	0	49	49	0	-
Regular Sprite	249	120	0	0	0	0	0	30	30	0	-
Medium Sprite	344	165	0	0	0	0	0	41	41	0	-
Large Sprite	494	237	0	0	0	0	0	59	59	0	-
Diet Coke	300	1	0	0	0	0	0	0	0	0	-
Kinley Water	500	0	0	0	0	0	0	0	0	0	0
Minute Maid Nimbu Fresh	200	96	0	0	0	0	0	24	23	0	0
Minute Maid PulpY Orange	200	84	0	0	0	0	0	21	18	0	0
Cold Coffee	250	182	5	3	0	0	0	34	21	0	0
Ice Tea	275	133	0	0	0	0	0	33	33	0	0
DESSERTS											
McFloat Coke	237	139	2	2	1.1	0.1	3	29	28	0	390
McFloat Fanta	237	152	2	2	1.1	0.1	3	32	31	0	390
McFloat Sprite	237	146	2	2	1.1	0.1	3	31	30	0	390
McFloat Cold Coffee	247	185	5	4	1.1	0.1	3	33	24	0	390
Soft Serve cone	81	86	2	2	1.2	0.1	3	15	11	0	390
McSwirl ChocoDip	93	164	3	8	5.7	0.1	4	20	15	0	400
McSwirl Butterscotch ChocoDip	97	185	3	9	5.7	0.1	4	23	17	0	410
Regular Soft Serve - Hot Fudge	92	127	2	4	2.8	0.1	6	21	18	0	410
Medium soft Serve - Hot Fudge	132	207	4	6	4.9	0.1	10	34	28	0	560
Regular Soft Serve - Strawberry	92	102	2	2	1.1	0.1	4	20	18	0	390
Medium Soft Serve - Strawberry	132	158	3	2	1.5	0.1	5	31	29	0	520
Walnut Brownie with Hot Fudge -Regular	111	199	4	6	3.5	0.1	7	32	25	0	450
Walnut Brownie with Hot Fudge - Medium	155	293	5	9	4.6	0.1	8	47	36	0	610
McFlurry-Oreo Small	87	117	2	4	2.1	0.1	3	19	14	0	440
McFlurry - Oreo Regular	147	211	4	7	3.8	0.1	6	33	25	0	740
McFlurry ChocoCrunch Small	94	153	3	5	3.6	0.1	4	23	17	0	420
McFlurry ChocoCrunch Regular	167	336	5	16	11.1	0.1	6	42	33	1	700
HOT BEVERAGES											
Black Tea	200	0	0	0	0	0	0	0	0	0	-
Tea with Milk	200	26	1	2	1.4	0	3	1	1	0	20
Black coffee	200	7	0	0	0	0	0	2	0	0	-
Coffee with Milk	200	34	1	2	1.4	0	3	3	1	0	20
NEW PRODUCTS											
Masala Veg	141	358	9	16	4.9	0.1	1	45	6	4	920
Masala Non Veg	133	339	14	16	4.1	0.1	26	36	5	3	740
Saucy Aloo Wrap	132	357	5	20	7.7	0.2	9	39	3	3	820
Saucy Chicken Wrap	121	308	10	19	6.5	0.2	34	25	2	2	640
Saucy Egg Wrap	123	310	10	20	6.9	0.2	235	24	2	2	570

This nutrition information is derived from tests conducted at accredited laboratories; published resources; and/or information provided by McDonald's suppliers. It is based on standard product formulations; serve sizes; and average values derived from ingredients supplied by McDonald's vendors. Variations in serve sizes; preparation techniques; product testing methods; and sources of supply, including regional, seasonal changes, geographical, weather and ambient conditions, may impact nutritional values of the menu items. In addition, product formulations do change periodically due to various external factors, including those stipulated above. One should expect some variation in the nutritional content and serve size of products purchased at our restaurants. The data provided here is only indicative and approximate. Nutritional data and serve size for these products are not required to be disclosed under any law or regulation; and are being provided with the intent to help customers make informed choices at McDonald's. The data here is subject to change at any time without prior notice.



McDonald's NUTRITION INFORMATION

Nutrition Facts	Serve Size (g)	Energy (kcal)	Protien (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Carbohy- drates (g)	Sugar (g)	Dietry Fiber (g)	Sodium (mg)	Salt (g)
McCafe												
Espresso shot	25ml	0	0	0	0	0	0	0	0	0	0	0
Espresso Macchito shots	25ml	30	2	2	1	0	4	2	0	0	30	0.1
Amerciano -Small	8oz	0	0	0	0	0	0	0	0	0	0	0
Amerciano- Regular	12oz	1	0	0	0	0	0	0	0	0	0	0
Amerciano- Large	16oz	1	0	0	0	0	0	0	0	0	0	0
Cappuccino- Small	8oz	115	6	5	3.4	0	14	11	2	0	100	0.3
Cappuccino- Regular	12oz	159	8	8	4.8	0	20	15	2	0	140	0.4
Cappuccino- large	16oz	188	10		5.8	0	24	17	2	0	160	0.4
Latte-Small	8oz	123		6	4	0	17	10	0	0	110	0.3
Latte- Medium	12oz	152	8	8	4.9	0	21	12	0	0	130	0.3
Latte - Large	16oz	187	10	10	6.1	0	26	15	0	0	160	0.4
Flat White-Small	8oz	140			4.6	0	19	11	0	0	120	0.3
Flat White-Regular	12oz	175			5.7	0	24	14	0	0	150	0.4
Flat White - Large	16oz	205	11	11	6.7	0	28	17	0	0	180	0.5
Mocha - Small	8oz	163	i	6	0.2	0	16	20		0	100	0.3
Mocha- Medium	12oz	209	8	8	4.8	0	19	27	13	0	120	0.3
Mocha - Large	16oz	295	10		5.8	0	23	43	27	0	150	0.4
Ice Coffee - Regular	12oz	210	5	5	3.4	0.2		35	27	0	110	0.3
Ice Coffee - Large	16oz	280	i	i	4.5	0.2	12	47	36	0	140	0.4
Classic Coffee - Regular	12oz	210	5	5	3.4	0.2		35	27	0	110	0.3
Classic Coffee - Large	16oz	280	i	i	4.5	0.2	12	47	36	0	140	0.4
Vanilla Frappe-Regular	12oz	353	4	18	17	0.1	3	43	32	0	40	0.1
Vanilla Frappe- Large	16oz	452	6	23	21.1	0.1	5	56	42	0	60	0.2
Mocha Frappe- Regular	12oz	422	5	19	17.3	0.1	3	58	46	0	40	0.1
Mocha Frappe- Large	16oz	544	6	24	21.4	0.1	5	ii	60	0	60	0.2
Caramel Frappe Regular	12oz	412	4	19	17.5	0.1	3	55	32	0	40	0.1
Caramel Frappe - Large	16oz	531	6	24	21.8	0.1	5	73	42	0	60	0.2
Babycino-Shot	8oz	139	4	4	2.2	0	8	23	15	0	60	0.2
Hot Chocolate-Small	8oz	231		6	3.9	0	14	37	24	0	100	0.3
Hot Chocolate - Medium	12oz	289	8		4.4	0	16	48	33	0	110	0.3
Hot Chocolate - Large	16oz	370	11	10	6.4	0	24	58	37	0	160	0.4
Chocolate Frappe-Regular	12oz	648		24	17.5	0.2		100	75	1	290	0.7
Chocolate Frappe-Large	16oz	818	11	30	22.7	0.2	11	126	93	1	360	0.9
Chai Latte-Small	8oz	194			4.1	0	18	27	15	0	110	0.3
Chai Latte- Medium	12 oz	243	8	8	5.2	0.0	22	34	18	0	140.0	0.4
Chai Latte - Large	16oz	291	10	10	6.2	0.0	27	40	22	0	170.0	0.4
English Breakfast - Small	8oz	29	2	2	1.0	0.0	4	2	0	0	30.0	0.1
English Breakfast - Medium	12 oz	29	2	2	1.0	0.0	4	2	0	0	30.0	0.1
English Breakfast - Large	16oz	29	2	2	1.0	0.0	4	2	0	0	30.0	0.1
Moroccon Mint -Small	8oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Moroccon Mint- Medium	12 oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Moroccon Mint - Large	16oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Cream Fantasy - Small	8oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Cream Fantasy - Medium	12 oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Cream Fantasy - Large	16oz	0	0	0	0.0	0.0	0	0	0	0	0.0	0.0
Lemon Ice tea - Regular	12 oz	127	0	0	0.0	0.0	0	32	32	0	0.0	0.0

Nutrition Facts	Serve Size (g)	Energy (kcal)	Protien (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Carbohy- drates (g)	Sugar (g)	Dietry Fiber (g)	Sodium (mg)	Salt (g)
Lemon Ice tea - Large	16oz	168	0	0	0.0	0.0	0	42	42	0	0.0	0.0
Strawberry Ice Tea - Regular	12 oz	109	0	0	0.0	0.0	0	27	27	0	0.0	0.0
Strawberry Ice Tea - Large	16oz	151	0	0	0.0	0.0	0	38	38	0	0.0	0.0
Green Apple - Regular	12 oz	88	0	0	0.0	0.0	0	22	27	0	0.0	0.0
Green Apple - Large	16oz	110	0	0	0.0	0.0	0	28	38	0	0.0	0.0
SMOOTHIE												
Mango Smoothie	240.00	390	5	5	3.4	0.2	11	80	71	1	140.00	0.3
Passion Fruit Smoothie	240.00	397	5	5	3.4	0.2	11	82	70	1	150.00	0.4
Black Currant Smoothie	240.00	370	5	5	3.4	0.2	11	75	70	1	170.00	0.4
DESSERT												
Vanilla Chocochip Muffin	125g	507	!	24	12.9	0.0	38	66	31	2	560.0	1.4
Chocolate Muffin (eggless)	125g	496	8	23	13.0	0.0	28	64	32	3	480.0	1.2
Marble Slice Cake	100 g	403	6	21	11.0	0.0	100	48	14	2	560.0	1.4
Banana Walnut slice cake	115g	436	!	19	8.2	0.0	83	59	16	3	580.0	1.5
Blueberry Cheese cake	115g	336	3	16	11.5	0.0	31	46	23	3	230.0	0.6
Chocolate Xpress	110g	399	5	21	13.5	0.0	13	48	30	3	260.0	0.7

This nutrition information is derived from tests conducted at accredited laboratories; published resources; and/or information provided by McDonald's suppliers. It is based on standard product formulations; serve sizes; and average values derived from ingredients supplied by McDonald's vendors. Variations in serve sizes; preparation techniques; product testing methods; and sources of supply, including regional, seasonal changes, geographical, weather and ambient conditions, may impact nutritional values of the menu items. In addition, product formulations do change periodically due to various external factors, including those stipulated above. One should expect some variation in the nutritional content and serve size of products purchased at our restaurants. The data provided here is only indicative and approximate. Nutritional data and serve size for these products are not required to be disclosed under any law or regulation; and are being provided with the intent to help customers make informed choices at McDonald's. The data here is subject to change at any time without prior notice.

TIPS FOR A HEALTHY LIVING

Enjoy a big glass of water first thing in the morning

If you haven't got time for anything else in the morning, make time to drink a big glass of water. We lose a lot of oxygen through the night and to rejuvenate our cells, we need to supply them with water and oxygen. Drink a glass of water and within a week you'll begin to feel less tired

Grab a few fresh fruits on your way out

Wherever you're going, it's a walk or drive to the market or on your way to office. Pick up one or two fruits and eat them. Fruits are great for their nutrients, vitamins and sugars that are required in our body.

Exercise on the go

If you work in an office, get up every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours. Get your blood flowing and your muscles moving.

Eat a handful of nuts

Get your favorite selection of nuts (almonds, cashews, walnuts, etc.) and raisins and have a big handful of them at around 3pm. This has been shown to increase afternoon energy and productivity.

Say yes to freshly squeezed juice

Create the time to squeeze your own carrot-apple-ginger juice. However, if you don't have the time, ask someone if they can make it for you in exchange for something you can help them with, or get yourself to a local juice bar and get your share of the juice!

